

# LGBT Behavioral Health

## National and Regional Resources

Substance Abuse and Mental Health Services Administration  
Region VIII (2014)



## U.S. Department of Health and Human Services LGBT Issues Coordinating Committee

*In April 2010, President Barack Obama asked the Department of Health and Human Services (DHHS) to identify steps that DHHS could take to improve the health and well-being of lesbian, gay, bisexual, and transgender (LGBT) individuals, families, and communities. The DHHS LGBT Issues Coordinating Committee was formed and is working on several initiatives.*

[Better Health and Well-Being: Making Improvements for Lesbian, Gay, Bisexual, Transgender \(LGBT\) Americans](#)

<http://www.hhs.gov/lgbt/resources/reports/health-objectives-2013.html>



## The Affordable Care Act Benefits the LGBT Community

- Insurance plans purchased through the Marketplace cannot discriminate based on sexual orientation or gender identity
- Individuals who identify as LGBT cannot be charged a higher premium
- Insurance coverage cannot be denied based on pre-existing conditions such as HIV/AIDS, cancer, or mental health diagnosis
- Legally married same-sex couples are treated equally for financial assistance when purchasing coverage in the Health Insurance Marketplace, regardless of where they live
- No more lifetime limits on coverage for people with chronic diseases like HIV/AIDS



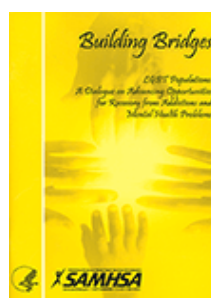
## Federal Initiatives and Resources

- [Healthy People 2020-Lesbian, Gay, Bisexual, & Transgender Health](#): Provides a comprehensive set of 10-year, national goals and objectives for improving the health and wellbeing of LGBT populations
- [The Health of Lesbian, Gay, Bisexual, and Transgender People: Building a Foundation for Better Understanding](#): The National Institutes of Health (NIH) asked the Institute of Medicine (IOM) to evaluate current knowledge of the health status of LGBT populations; to identify research gaps and opportunities; and to outline a research agenda for NIH.
- [Stop Bullying](#): This website contains a specific section for LGBT youth.



SAMHSA: Resources

<http://www.samhsa.gov/obhe/lgbt.aspx>



- A Practitioner's Resource Guide: Helping Families to Support Their LGBT Children. Offers information and resources to help practitioners throughout health and social service systems implement best practices in engaging and helping families and caregivers to support their LGBT children.
- Building Bridges: LGBT Populations. A Dialogue on Advancing Opportunities for Recovery from Addictions and Mental Health Problems.
- Top Health Issues for LGBT Populations Information & Resource Kit. Equips prevention professionals, healthcare providers, and educators with information on current health issues among LGBT populations.
- A Provider's Introduction to Substance Abuse Treatment for Lesbian, Gay, Bisexual, and Transgender. Informs clinicians and administrators about substance use treatment approaches that are sensitive to LGBT clients.
- Helping Families Support Their Lesbian, Gay, Bisexual, and Transgender (LGBT) Children. Provides information about sexual orientation & gender identity to help friends, family, & other adults support LGBT children & adolescents.
- LGBT Training Curricula for Behavioral Health and Primary Care Practitioners. Six training curricula for behavioral health and primary care practitioners to help assess, treat, & refer LGBT clients in a culturally-sensitive manner.
- Providing Services and Supports for Youth who are Lesbian, Gay, Bisexual, Transgender, Questioning, Intersex or Two-Spirit. This brief is for policymakers, administrators, and providers seeking to learn more about LGBTQI2-S youth and how to develop culturally and linguistically competent programs to meet their needs and preferences.

## SAMHSA: Technical Assistance Centers

- Center for the Application of Prevention Technologies Support (CAPT) [www.captus.samhsa.gov](http://www.captus.samhsa.gov)
  - **Purpose:** Comprehensive training and technical assistance on Substance Use Prevention, Strategic Prevention Framework (SPF), and Substance Use Epidemiology
    - *Central Region CAPT Office (ND, SD):* Chuck Klevgaard [cklevgaard@edc.org](mailto:cklevgaard@edc.org)
    - *Southwest Region CAPT Office (CO):* Marie Cox [mariecox@ou.edu](mailto:mariecox@ou.edu)
    - *West Region CAPT Office (MT, UT, WY):* Alyssa O'Hair [aohair@casat.org](mailto:aohair@casat.org)
- Addiction Technology Transfer Center (ATTC) [www.attcnetwork.org](http://www.attcnetwork.org)
  - **Purpose:** Comprehensive training and technical assistance for providers and administrators on Substance Use Treatment (including treatment issues and barriers faced by LGBT individuals).
    - *Central Rockies ATTC/University of Utah (Region VIII):* [Barbara.Sullivan@hsc.utah.edu](mailto:Barbara.Sullivan@hsc.utah.edu)

## Regional Initiatives & Resources

- The Healthcare Guild [www.healthcareguild.com](http://www.healthcareguild.com)
- One Colorado [www.one-colorado.org](http://www.one-colorado.org)
- Utah Pride [www.utahpridecenter.org](http://www.utahpridecenter.org)

## Additional Organizational Resources

- The Fenway Institute: National LGBT Health Education Center [www.thefenwayinstitute.org](http://www.thefenwayinstitute.org)
- The Trevor Project <http://www.thetrevorproject.org>
- American Psychological Association <http://apa.org/pi/lgbt/index.aspx>
- Association of Gay and Lesbian Psychiatrists [www.aglp.org](http://www.aglp.org)
- Gay and Lesbian Medical Association [www.glma.org](http://www.glma.org)
- Lesbian and Gay Child and Adolescent Psychiatric Association [www.lagcapa.org](http://www.lagcapa.org)
- National Alliance on Mental Illness (NAMI) GLBT Mental Health Resources [www.nami.org](http://www.nami.org)
- TA Partnership for Child and Family Mental Health- LGBTIQ2-S Communities of Practice [www.tapartnership.org](http://www.tapartnership.org)

## HHS Region VIII Contacts

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